

BICYCLE PEDAL

ABSTRACT OF THE DISCLOSURE

A bicycle pedal assembly has a cleat releasably coupled to a pedal by a cleat engagement mechanism formed on an upper surface of its pedal body. The pedal
5 body has a front end configured and arranged to include a sole guide portion that assists the rider in rotating the pedal body about its pedal shaft. In one embodiment, the sole guide portion is formed by a first concaved sole receiving recess located in a tip surface of the pedal body and a second concaved sole receiving recess located on the upper surface of the pedal body adjacent to the tip surface. Alternatively, the
10 concaved sole receiving recesses can be replaced with either a pair of laterally spaced projections located on at the front end of the pedal body, or a V-shaped tip surface.